

**New York State
Smokers' Quitline**

1-866-NY-QUITS

(1-866-697-8487)

www.nysmokefree.com

TTY: 1-800-280-1213

**HOW TO:
WAKE UP
WITHOUT
LIGHTING UP**



Starting your day without a cigarette can be hard!

Do you light your first cigarette of the day before your feet hit the floor? Do you have an ashtray in the bathroom and smoke while shaving or putting on make-up? Even though you have built a routine around the first cigarettes you smoke each day, with practice and patience, you can learn a new habit that does not include smoking.

The first cigarette of the morning is an important one for many people. It starts a regular pattern that you keep up throughout the day, where you smoke when relaxing or waiting for something to happen. The first dose of nicotine is especially powerful, taking away symptoms of overnight withdrawal and creating feelings of pleasure in your brain. In order to get through the early morning without smoking, you should change your routine.

Before you quit:

- If you usually keep cigarettes next to the bed, try putting them in another room, or out in the car.
- Keep a glass of water on your nightstand and drink water instead of puffing on a cigarette.
- Try drinking tea or hot chocolate rather than coffee in the morning.
- Delay having your first cigarette for as long as you can in the weeks leading up to your quit date.
- Decide that you're only going to smoke outside and be true to that decision.

After you quit:

- If you start thinking about smoking, immediately take your thoughts off smoking and focus on the reasons why you decided to quit.
- Take ten deep breaths to relax, and then remember how much work you've put into quitting.
- Hop into the bath or shower as soon as you're awake. It's hard to smoke when you're soaking wet!
- Go for an early morning walk, and then do your usual activities.
- Eat a healthy breakfast.
- Have a glass of water.

REMEMBER, your choice to be tobacco-free takes patience and practice, and means you must make changes in your routine and lifestyle.

Although giving up the first cigarette of the day may be hard at first, learning to go without it will make it easier to learn how to live without any other cigarettes.